

Week 10: *Mental Benefits of Walking*



Walking improves cardiovascular function and increases your chances of living longer. Those who walk regularly are better able to deliver oxygen to all of the body's organs, including the brain. **Studies have shown that regular walking can help improve attention, ability to focus, and memory.**

When you exercise, your brain also increases production of endorphins, which will elevate your mood and general sense of well-being. **Walking is routinely used as a way to help counteract mild depression.** It can help reduce anxiety and boost self confidence. The good news is that even if you have been sedentary much of your life, you will quickly begin to see the mental and physical benefits of walking as soon as you start!

Beginner's 12 Week Walking Schedule

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
10	30 min	40 min	50 min	30 min	50 min	40 min	50 min

Visit www.inshape.in.gov for more online advice from First Lady Cheri Daniels.

A special thank you to **Butler University** for allowing INShape Indiana to film on their campus.

Summertime Foods: Great Flavors, Good Health!

Hamburgers & Hotdogs

Choose heart-healthy **hamburger** with no more than 15% fat - ground sirloin, ground round and

extra lean versions. Check the label for the lean to fat ratio: 85/15 is 85% lean 15% fat and 90/10 is 90% lean 10% fat. The smartest **hotdogs** are reduced fat, light and fat free versions. One regular full-fat hot dog could have 15 to 17 grams fat, while a reduced fat hot dog contains 6 to 8 grams. Serve everything on whole wheat buns!

BBQ Ribs

Enjoy BBQ **ribs** for special summer celebrations, but they're pretty high in fat, so stick with lean cuts of pork, beef, poultry and fish for everyday grilling. Try **pork tenderloin** for a change. It's just as lean and low fat as boneless-skinless chicken breast! Great source of protein, B-vitamins and zinc.



Summer Vegetables

Small steps make a big difference...

- ❏ **Use less** butter and salt before eating **Corn on the Cob**.
- ❏ Grill **Zucchini** - First cut into ¼-inch lengthwise slices, brush with a little olive oil and grill until soft. Find great recipes for summer vegetables, including **Green Beans and Tomatoes**, at www.MakeTheMost.com

Baked Beans

Beans are nutritional powerhouses of fiber, protein and antioxidants, so enjoy baked beans (canned or homemade). Try reducing molasses and brown sugar in homemade recipes by a fourth or even a third.

Coleslaw & Potato Salad

Use reduced fat, light or fat free mayonnaise in potato salads and coleslaw recipes. Keep skins on potatoes for more fiber.

Tip: Summer Dessert

- ❏ **Save pies and cobblers for special events.**
- ❏ Enjoy plain fruit - fresh berries, cherries, watermelon and peaches - for daily desserts.
- ❏ Grill fresh pineapple slices - simply sprinkle with cinnamon and sugar and grill!

*****Flood Relief*****

To help Hoosiers affected by severe weather, the **Indiana Office of Faith Based and Community Initiatives (OFBCI)** is coordinating private volunteer and donation efforts with the American Red Cross. A toll free number has been established to create a central repository of statewide volunteers. **The telephone number is: 1-888-335-9490.** OFBCI will coordinate and match volunteers to opportunities that best meet the skills and resources of each volunteer. OFBCI also will coordinate donations of needed supplies and goods. A storage and distribution center has been established at Pen Products, 6075 Lakeside Boulevard, near I-465 and 71st Street, in Indianapolis. Donations will be organized at that location and sent to areas with the greatest needs. Among needed items are cleaning supplies, water, and personal hygiene

products. **For directions to the distribution center, call 1-800-736-2550.**

The Community Corner

2008 Run for Ronald 5K Run/Walk

Benefits the Ronald McDonald House of Indiana

When: Saturday, June 21st @ 9am

Where: Indianapolis, NCAA Hall of Champions along the canal

Pre-Registration before June 19th - \$20, Race Day - \$25, Kids under 10 are free!

[Register for this event online](#)

Warsaw Arthritis Walk

When: Sunday, June 22nd

Where: Lake/Senior Center at Winona Lake.

Contact: Ginger Dodd 260.672.6570

[Click for Details](#) Registration @ 1:00pm. 1 or 3 mile Walk begins @ 1:45. The first 50 people registering will receive passes to the Zoo. Walk as an individual or a team - anyone raising \$100 or more will receive an official Walk t-shirt. Canines are welcome!

YMCA of Michiana - Forth Annual Night Moves 5K Run/Walk

When: Friday, July 11th @ 7:30 pm

Where: YMCA of Michiana, 1201 Northside Blvd., South Bend, IN

What: 5K Run/Walk that includes a 1 Mile Kids Fun Run/Walk, after event cookout with live music & awards. Corporate teams are encouraged to compete.

Contact: Mike Ghyselinck @ 574.287.9622 ext. 113 [Click for Details](#)

Three Rivers Family Fun: Bike, Walk or Run!

When: Saturday, July 19th @ 9am - Noon

Where: Fort Wayne, starting at Lawton Park - Clinton and 4th

Cost: \$5 for individuals or \$10 for families

Choose among a 2-mile walk, 3-mile run or a 6.5-mile (13 mile roundtrip) bicycle ride. Trailers for children and strollers are permitted. The event will conclude with a raffle, offering prizes for lucky participants. Registration will also be accepted on the day of the event at 8:15am. All participants must check in prior to the start of each event. Arrive early to secure a parking spot. Contact the Parks Department @ 260.427.6000 [Register for this event online](#)

Friends of Columbian Park Zoo's Zoo Run Run 5K Fun Run and Walk

When: Saturday, July 19th @ 8:30am

Where: Columbian Park Zoo, Lafayette, Indiana

Details: A family-oriented fun run and walk to benefit Columbian Park Zoo. Race will be followed by a pancake breakfast and celebration of zoo's 100th birthday. [Click for Details](#) or contact Paige Ebner @ 765.807.1545, email: focpz@lafayette.in.gov.